



Delicious whole-grain goodness!

*Whole Wheat*

# Baking

cookies | desserts | breads & more

**EASY**  
Fresh Berry  
Crisp, p 23

12

Fabulous  
Favorites



Discover the flavor of whole wheat

# Bake Whole-Grain *Goodness* into Every Bite

Chances are you've heard about whole grains, but maybe you haven't discovered how truly amazing they are! The Betty Crocker Kitchens have created the following delicious recipes using healthy whole wheat flour. From cookies to pizza crust, these recipes make it easy to bake extra nutrients into homemade goodies your family will love.







### **What's so good about whole wheat?**

All flours contain wheat's endosperm, the inside part of the kernel, but whole wheat flour is made from the whole grain. It packs a nutritional boost of antioxidants, protein, fiber, B vitamins and minerals. Experts recommend eating three servings daily of whole grains to protect against diseases such as heart disease and cancer.

### **How do I measure and store whole wheat flour?**

Spoon flour without sifting into a dry-ingredient measuring cup and level off. For best flavor and longest shelf life, store flour in a resealable food-storage plastic bag in the refrigerator or freezer. Flour can be stored at room temperature in an airtight container for up to eight months.

### **How do I substitute whole wheat flour in my recipes?**

Start by substituting up to half the white flour called for in your recipes. Because whole wheat flour absorbs more liquid than white flour does, you may need to increase the liquid in the recipe.

### **Are there differences among whole wheat flours?**

Gold Medal® whole wheat flour is carefully milled to an even, medium-fine granulation, which makes it extremely adaptable for delicious baked goods.

Bake up something tasty today with Gold Medal® whole wheat flour!

# Whole Wheat Buttermilk Pancakes

- 2 eggs
- 2 cups buttermilk
- $\frac{1}{4}$  cup vegetable oil
- 2 cups Gold Medal® whole wheat flour
- $\frac{1}{4}$  cup sugar
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- $\frac{1}{2}$  teaspoon salt

**1** In large bowl, beat eggs with wire whisk until fluffy. Beat in remaining ingredients just until smooth. (For thinner pancakes, stir in 1 to 2 tablespoons more milk.)

**2** Heat griddle or skillet over medium heat or to 350°F. (To test griddle, sprinkle with a few drops of water. If bubbles jump around, heat is just right.) Grease griddle with vegetable oil if necessary (or spray with cooking spray before heating).

**3** For each pancake, pour  $\frac{1}{4}$  cup batter from cup or pitcher onto hot griddle. Cook until puffed and dry around edges. Turn and cook other side until golden brown.

HIGH ALTITUDE (3500-6500 FT): Decrease baking powder to  $1\frac{1}{4}$  teaspoons; decrease baking soda to  $\frac{1}{2}$  teaspoon.

1 PANCAKE: Calories 110 (Calories from Fat 45); Total Fat 5g (Saturated Fat 1g); Cholesterol 25mg; Sodium 220mg; Potassium 100mg; Total Carbohydrate 14g (Dietary Fiber 1g); Protein 3g

## KITCHEN TIP

To make waffles, use melted butter in place of the oil. Before heating waffle maker, brush with vegetable oil or spray with cooking spray. Pour about  $\frac{3}{8}$  cup batter onto center of hot waffle baker. Bake until steaming stops.







# Glorious Morning Muffins

- 2 eggs
- $\frac{3}{4}$  cup vegetable oil
- $\frac{1}{4}$  cup milk
- 2 teaspoons vanilla
- 1 cup Gold Medal® all-purpose flour
- 1 cup Gold Medal® whole wheat flour
- 1 cup packed brown sugar
- 2 teaspoons baking soda
- 2 teaspoons ground cinnamon
- $\frac{1}{2}$  teaspoon salt
- $1\frac{1}{2}$  cups shredded carrots (2 to 3 medium)
- 1 cup shredded peeled apple
- $\frac{1}{2}$  cup coconut
- $\frac{1}{2}$  cup raisins
- $\frac{3}{4}$  cup sliced almonds

**1** Heat oven to 350°F. Place paper baking cup in each of 18 regular-size muffin cups or grease with shortening. In large bowl, beat eggs, oil, milk and vanilla with wire whisk until well blended. Add flours, brown sugar, baking soda, cinnamon and salt; stir just until dry ingredients are moistened. With spoon, stir in carrots, apple, coconut, raisins and  $\frac{1}{2}$  cup of the almonds.

**2** Divide batter evenly among muffin cups, filling each about  $\frac{3}{4}$  full. Sprinkle remaining  $\frac{1}{4}$  cup almonds over batter.

**3** Bake 20 to 25 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes; remove from muffin cups.

HIGH ALTITUDE (3500-6500 FT): Increase all-purpose flour to  $1\frac{1}{4}$  cups. Heat oven to 375°F and use paper baking cups. Bake 18 to 23 minutes.

1 MUFFIN: Calories 250 (Calories from Fat 110); Total Fat 13g (Saturated Fat 2.5g); Cholesterol 25mg; Sodium 230mg; Potassium 190mg; Total Carbohydrate 29g (Dietary Fiber 2g); Protein 3g

## KITCHEN TIP

These muffins freeze well. To serve, thaw at room temperature or heat in microwave to warm.

# Easy Cranberry-Orange Scones

- 1 cup Gold Medal® whole wheat flour
- 1 cup Gold Medal® all-purpose flour
- $\frac{1}{4}$  cup granulated sugar
- 2 teaspoons grated orange peel
- $1\frac{1}{2}$  teaspoons cream of tartar
- $\frac{3}{4}$  teaspoon baking soda
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{3}$  cup cold butter or margarine, cut into 8 pieces
- $\frac{1}{3}$  cup milk
- $\frac{1}{4}$  cup orange juice
- $\frac{1}{2}$  cup sweetened dried cranberries
- $\frac{1}{3}$  cup powdered sugar
- 2 to 3 teaspoons milk

**1** Heat oven to 350°F. In large bowl, mix flours,  $\frac{1}{4}$  cup sugar, orange peel, cream of tartar, baking soda and salt. Cut in butter, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until mixture looks like fine crumbs. Stir in  $\frac{1}{3}$  cup milk, the orange juice and cranberries. On ungreased cookie sheet, press dough into 8-inch circle. Cut into 8 wedges.

**2** Bake 20 to 25 minutes or until golden brown. Cool 5 minutes; remove from cookie sheet. Cool on wire rack.

**3** In small bowl, combine powdered sugar and enough milk for drizzling consistency. Drizzle over warm scones. Serve warm or cool.

HIGH ALTITUDE (3500-6500 FT): Bake 25 to 30 minutes.

1 SCONES: Calories 260 (Calories from Fat 80); Total Fat 8g (Saturated Fat 5g); Cholesterol 20mg; Sodium 250mg; Potassium 210mg; Total Carbohydrate 42g (Dietary Fiber 3g); Protein 4g

## KITCHEN TIP

Use dried blueberries instead of the cranberries if you'd like. You can also substitute grated lemon peel for the orange peel.







# One-Rise Caramel Rolls

## TOPPING

- ½ cup packed brown sugar
- ½ cup butter or margarine, softened
- ⅓ cup light corn syrup
- ¼ cup whipping cream
- ⅔ cup pecan halves

## ROLLS

- 1½ cups Gold Medal® whole wheat flour
- ¼ cup granulated sugar
- 1 teaspoon salt
- 2 packages regular active dry yeast
- 1 cup water
- ¼ cup butter or margarine
- 1 egg
- 2 to 2¼ cups Gold Medal® all-purpose flour

## FILLING

- 2 tablespoons butter or margarine, softened
- ¼ cup granulated sugar
- 1 teaspoon ground cinnamon

**1** Grease 13x9-inch pan with shortening. In small bowl, mix all topping ingredients except pecans until well blended; spread evenly in pan. Sprinkle pecans evenly over top.

**2** In large bowl, mix whole wheat flour, ¼ cup granulated sugar, the salt and yeast. In 1-quart saucepan, heat water and ¼ cup butter until very warm (120°F to 130°F). Add warm liquid and egg to flour mixture; beat with electric mixer on low speed until moistened, scraping bowl frequently. Beat on medium speed 3 minutes, scraping bowl frequently. Stir in enough all-purpose flour until dough pulls cleanly away from side of bowl.

**3** On floured surface, knead dough 3 minutes. With rolling pin, roll dough to 15x7-inch rectangle.

**4** Spread 2 tablespoons butter over dough. In small bowl, mix ¼ cup granulated sugar and the cinnamon; sprinkle evenly over butter.

**5** Starting with 15-inch side, roll up dough tightly; pinch edge of dough into roll to seal. Cut into 12 slices; place cut side down in pan over topping. Cover loosely with plastic wrap; let rise in warm place until doubled in size, about 45 minutes.

**6** Heat oven to 350°F. Uncover dough; bake 30 to 35 minutes or until golden brown. Cool in pan 1 minute. Place heatproof serving platter or tray upside down onto pan; immediately turn platter and pan over. Remove pan.

HIGH ALTITUDE (3500-6500 FT): Bake 35 to 40 minutes.

1 ROLL: Calories 420 (Calories from Fat 180); Total Fat 20g (Saturated Fat 10g); Cholesterol 60mg; Sodium 310mg; Potassium 180mg; Total Carbohydrate 53g (Dietary Fiber 3g); Protein 6g



# Whole Wheat-Banana Bread

- 2 cups Gold Medal® whole wheat flour
- 1 cup Gold Medal® all-purpose flour
- 1¾ cups sugar
- 2 cups mashed very ripe bananas (about 4 medium)
- ½ cup coarsely chopped nuts
- ⅔ cup vegetable oil
- 2 teaspoons baking soda
- 1 teaspoon salt
- ½ teaspoon baking powder
- 4 eggs

**1** Heat oven to 350°F. Grease bottoms only of 2 (8x4- or 9x5-inch) loaf pans with shortening or cooking spray.

**2** In large bowl, beat all ingredients with electric mixer on low speed 30 seconds. Beat on medium speed 45 seconds, scraping bowl frequently. Pour batter into pans.

**3** Bake 55 to 65 minutes or until toothpick inserted halfway between center and edge of pan comes out clean. Cool 10 minutes. Loosen sides of loaves from pans. Remove from pans to cooling rack. Cool completely, about 2 hours, before slicing.

HIGH ALTITUDE (3500-6500 FT): Decrease baking soda to 1½ teaspoons.

1 SLICE: Calories 160 (Calories from Fat 60); Total Fat 7g (Saturated Fat 1g); Cholesterol 25mg; Sodium 170mg; Potassium 100mg; Total Carbohydrate 23g (Dietary Fiber 1g); Protein 2g



# Cheese 'n Onion Drop Biscuits

- 1 cup Gold Medal® whole wheat flour
- 1 cup Gold Medal® all-purpose flour
- 4 teaspoons baking powder
- 1 tablespoon sugar
- $\frac{3}{4}$  teaspoon salt
- $\frac{1}{3}$  cup cold butter or margarine
- 1  $\frac{1}{2}$  cups shredded Cheddar cheese (6 oz)
- $\frac{1}{2}$  cup chopped green onions (8 medium)
- 1 cup milk

**1** Heat oven to 450°F. In large bowl, mix flours, baking powder, sugar and salt. Using pastry blender or fork, cut in butter until mixture is crumbly. Stir in cheese, green onions and milk just until dry ingredients are moistened.

**2** On ungreased cookie sheet, drop dough by 12 spoonfuls about 2 inches apart.

**3** Bake 12 to 15 minutes or until golden brown. Immediately remove from cookie sheet. Serve warm.

HIGH ALTITUDE (3500-6500 FT): Decrease baking powder to 3 teaspoons. Heat oven to 425°F. Drop dough by 16 spoonfuls onto ungreased large cookie sheet. Bake 12 to 14 minutes.

1 BISCUIT: Calories 190 (Calories from Fat 90); Total Fat 10g (Saturated Fat 7g); Cholesterol 30mg; Sodium 440mg; Potassium 110mg; Total Carbohydrate 18g (Dietary Fiber 1g); Protein 6g

## KITCHEN TIP

For a spicy flavor twist, add  $\frac{1}{2}$  teaspoon chili powder to the flour mixture.



# Hearty Meat Lover's Pizza

## CRUST

- 1 package regular active or fast-acting dry yeast
- 1 cup warm water (105°F to 115°F)
- 1½ cups Gold Medal® all-purpose flour
- 1 cup Gold Medal® whole wheat flour
- 2 tablespoons olive or vegetable oil
- ½ teaspoon salt
- Cornmeal

## TOPPING

- 1 lb bulk mild Italian pork sausage
- 1 large onion, chopped (1 cup)
- 1 can (8 oz) pizza sauce
- 1 medium green bell pepper, chopped (1 cup)
- 1 can (2¼ oz) sliced ripe olives, drained
- 1 package (3.5 oz) sliced pepperoni
- 2 cups shredded mozzarella cheese (8 oz)

**1** In medium bowl, dissolve yeast in warm water. Stir in flours, oil and salt. Beat vigorously 20 strokes with spoon. Let dough rest in bowl 20 minutes.

**2** Meanwhile, move oven rack to lowest position; heat oven to 425°F. Grease 2 cookie sheets or 12-inch pizza pans with additional oil. Sprinkle with cornmeal. In 10-inch skillet, cook sausage and onion over medium heat 8 to 10 minutes, stirring occasionally, until sausage is no longer pink and onion is tender; drain.

**3** Divide dough in half. With floured fingers, pat each half into 11-inch round on cookie sheet. Spread pizza sauce over dough rounds. Top each with sausage mixture, bell pepper, olives, pepperoni and cheese.

**4** Bake 15 to 20 minutes or until cheese is melted and sauce is bubbly.

HIGH ALTITUDE (3500-6500 FT): No change.

1 SERVING: Calories 250 (Calories from Fat 120); Total Fat 14g (Saturated Fat 5g); Cholesterol 25mg; Sodium 570mg; Potassium 230mg; Total Carbohydrate 20g (Dietary Fiber 2g); Protein 12g

## KITCHEN TIP

For a crisper crust, after pressing dough on cookie sheets, bake uncovered about 10 minutes or until crusts just begin to brown. Place toppings on crusts; bake 10 minutes longer or until cheese is melted and sauce is bubbly.







# Country Apple Streusel Cake

## STREUSEL TOPPING

- $\frac{3}{4}$  cup Gold Medal® whole wheat flour
- $\frac{1}{2}$  cup packed brown sugar
- $\frac{1}{2}$  teaspoon ground cinnamon
- $\frac{1}{2}$  cup cold butter or margarine

## CAKE

- $1\frac{1}{2}$  cups Gold Medal® whole wheat flour
- $1\frac{1}{2}$  cups Gold Medal® all-purpose flour
- $1\frac{1}{2}$  cups granulated sugar
- 3 teaspoons baking powder
- 1 teaspoon salt
- $1\frac{1}{4}$  cups milk
- $\frac{3}{4}$  cup butter or margarine, softened
- $1\frac{1}{2}$  teaspoons vanilla
- 3 eggs
- 4 cups very thinly sliced peeled apples (4 medium)

**1** Heat oven to 350°F. Spray 13x9-inch pan with cooking spray. In small bowl, combine topping ingredients with pastry blender or fork until crumbly; set aside.

**2** In large bowl, combine all cake ingredients except apples. With electric mixer, beat 3 minutes at medium speed. Spread into prepared pan. Place apple slices evenly over batter. Sprinkle with streusel topping.

**3** Bake at 350° F. 55 to 60 minutes or until toothpick inserted in center comes out clean. Serve warm with ice cream or whipped cream.

HIGH ALTITUDE (3500-6500 FT): Decrease baking powder to  $2\frac{1}{2}$  teaspoons.

1 SERVING: Calories 400 (Calories from Fat 160); Total Fat 17g (Saturated Fat 10g); Cholesterol 85mg; Sodium 390mg; Potassium 190mg; Total Carbohydrate 55g (Dietary Fiber 3g); Protein 6g

## KITCHEN TIP

Braeburn and Granny Smith apples are ideal apples for baking.



# Snickerdoodle Cookies

- 1½ cups sugar
- 1 cup butter or margarine, softened
- 2 eggs
- 1¾ cups Gold Medal® all-purpose flour
- 1 cup Gold Medal® whole wheat flour
- 2 teaspoons cream of tartar
- 1 teaspoon baking soda
- ¼ teaspoon salt
- ¼ cup sugar
- 3 teaspoons ground cinnamon

**1** Heat oven to 400°F. In large bowl, beat 1½ cups sugar, the butter and eggs with electric mixer on medium speed until well mixed. Stir in flours, cream of tartar, baking soda and salt.

**2** In small bowl, mix ¼ cup sugar and the cinnamon. Shape dough into 1¼-inch balls and roll in cinnamon-sugar mixture; place about 2 inches apart on ungreased cookie sheets.

**3** Bake 8 to 10 minutes or until set. Cool 2 minutes; remove from cookie sheets.

HIGH ALTITUDE (3500-6500 FT): Increase all-purpose flour to 2 cups, decrease cream of tartar to 1 teaspoon and decrease baking soda to ¾ teaspoon.

1 COOKIE: Calories 90 (Calories from Fat 35); Total Fat 4g (Saturated Fat 2.5g); Cholesterol 20mg; Sodium 70mg; Potassium 40mg; Total Carbohydrate 13g (Dietary Fiber 0g); Protein 1g



# Best Whole Wheat-Oatmeal-Raisin Cookies

- $\frac{3}{4}$  cup granulated sugar
- $\frac{1}{2}$  cup packed brown sugar
- 1 cup butter or margarine, softened
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- $\frac{1}{2}$  teaspoon salt
- $1\frac{1}{2}$  teaspoons vanilla
- 2 eggs
- 3 cups old-fashioned or quick-cooking oats
- $1\frac{1}{2}$  cups Gold Medal® whole wheat flour
- 1 cup raisins

**1** Heat oven to 350°F. In large bowl, stir sugars, butter, baking soda, cinnamon, salt, vanilla and eggs with spoon until well blended. Stir in oats, flour and raisins.

**2** On ungreased cookie sheets, drop dough by rounded tablespoonfuls about 2 inches apart.

**3** Bake 9 to 11 minutes or until light brown. Cool 2 minutes; remove from cookie sheets.

HIGH ALTITUDE (3500-6500 FT): Decrease baking soda to  $\frac{3}{4}$  teaspoon. Bake 11 to 13 minutes.

1 COOKIE: Calories 140 (Calories from Fat 50); Total Fat 6g (Saturated Fat 3.5g); Cholesterol 25mg; Sodium 110mg; Potassium 90mg; Total Carbohydrate 19g (Dietary Fiber 1g); Protein 2g

## KITCHEN TIP

Old-fashioned oats are larger than quick-cooking oats, but either can be used in these cookies. The old-fashioned oats give a little more texture and flavor to the cookies.



# Peanut Butter Crunch Bars

- 1 cup sugar
- ½ cup butter or margarine, softened
- ½ cup peanut butter
- 2 tablespoons milk
- 1 teaspoon vanilla
- 1 egg
- 1½ cups Gold Medal® whole wheat flour
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 cup semisweet chocolate chips (6 oz)
- ½ cup chopped honey-roasted peanuts

**1** Heat oven to 350°F. Spray 13x9-inch pan with cooking spray. In large bowl, beat sugar, butter and peanut butter until light and fluffy. Add milk, vanilla and egg; beat until well blended. Add flour, baking soda and salt; mix well. Spread in pan.

**2** Bake 19 to 24 minutes or until edges are golden brown. Immediately sprinkle with chocolate chips; let stand 5 minutes.

**3** Using metal spatula, spread softened chips to frost bars. Sprinkle with peanuts. Cool completely in pan on cooling rack, about 2 hours. For bars, cut into 6 rows by 6 rows.

HIGH ALTITUDE (3500-6500 FT): No change.

1 BAR: Calories 130 (Calories from Fat 60); Total Fat 7g (Saturated Fat 3g); Cholesterol 15mg; Sodium 95mg; Potassium 80mg; Total Carbohydrate 13g (Dietary Fiber 1g); Protein 2g

## KITCHEN TIP

Try using your other favorite chips, such as dark or milk chocolate.







# Fresh Berry Crisp

- 3 cups fresh strawberries, sliced
- 3 tablespoons cornstarch
- 2 tablespoons granulated sugar
- 1 pint (2 cups) fresh blueberries
- 1 pint (2 cups) fresh raspberries
- $\frac{2}{3}$  cup packed brown sugar
- $\frac{1}{2}$  cup Gold Medal® whole wheat flour
- $\frac{1}{2}$  cup old-fashioned or quick-cooking oats
- $\frac{1}{2}$  teaspoon ground cinnamon
- $\frac{1}{4}$  teaspoon salt
- $\frac{1}{3}$  cup butter or margarine, softened
- Ice cream or whipped cream, if desired

**1** Heat oven to 350°F. In 2-quart saucepan, mash 2 cups of the strawberries; stir in cornstarch and granulated sugar. Cook over medium heat, stirring constantly, until mixture boils. Boil and stir 1 minute. Carefully stir in blueberries, raspberries and remaining strawberries. Pour berry mixture into ungreased 8-inch square (2-quart) glass baking dish or 9-inch pie plate.

**2** In small bowl, mix all remaining ingredients except ice cream with pastry blender or fork until crumbly; sprinkle over berry mixture.

**3** Bake about 30 minutes or until topping is golden brown. Serve warm with ice cream.

HIGH ALTITUDE (3500-6500 FT): In step 1, boil and stir 2 to 3 minutes. Bake about 35 minutes.

1 SERVING: Calories 370 (Calories from Fat 100); Total Fat 12g (Saturated Fat 7g); Cholesterol 25mg; Sodium 180mg; Potassium 380mg; Total Carbohydrate 62g (Dietary Fiber 7g); Protein 4g

## KITCHEN TIP

For Strawberry-Blueberry Crisp, omit the raspberries and use 2 pints (4 cups) blueberries.



in this issue:



**Whole Wheat Buttermilk  
Pancakes** p. 4



**Country Apple Streusel  
Cake** p. 17



**Easy Cranberry-  
Orange Scones** p. 8

For more tasty whole wheat recipes, visit: [www.bettycrocker.com/wholewheatrecipes](http://www.bettycrocker.com/wholewheatrecipes)

2008© and ®/™ of General Mills